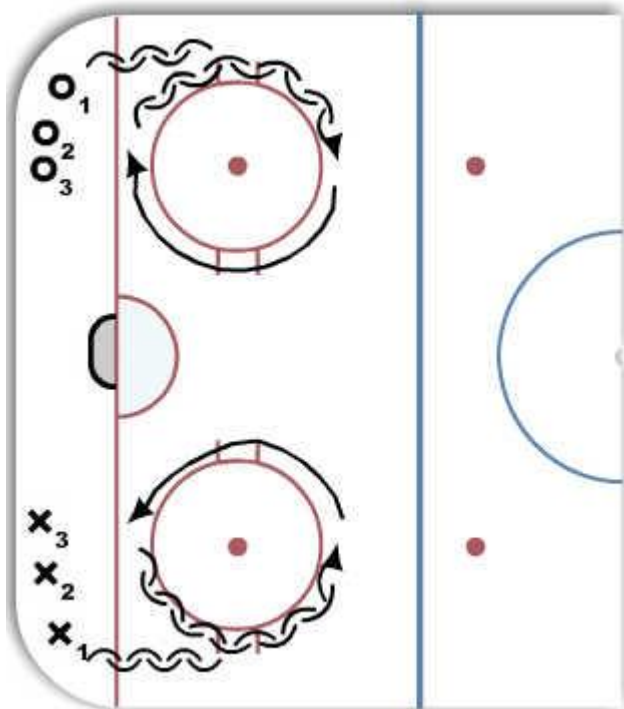


## Circle Transitions



### Description

Players should always face the end boards while skating around the face off circle using proper X-overs, pivots and Mohawks. This should be done in both directions.

**Key Points:** Mohawks and Transitions, Fwd and Bkd Crossovers